



MONDAY CLASS

**** Apparatus are split into 5-week blocks**

Beginners Aerials - Silks

Mondays 24th April - 22nd May (5 week program)

6:30pm - 8:30pm

\$140 Full / \$130 Concession

Trainer: Ali Kimbrough

Beginners Aerials - Trapeze

Mondays 29th May - 26th June (5 week program)

6:30pm - 8:30pm

\$140 Full / \$130 Concession

Trainer: Sarah Stevenson

For brand newbies and those who are interested in revisiting the fundamentals. This 5 week block will cover the basics of aerial silks and trapeze, including climbing, inversions, correct technique and building strength and flexibility.

TUESDAY CLASS

**** Apparatus are split FORTNIGHTLY**

Intermediate Aerials - Trapeze

Tuesdays 25th April, 9th & 23rd May, 6th & 20th June (5 weeks)

6:30pm - 8:30pm

\$140 Full / \$130 Concession

Trainer: Sarah Fitzgerald

Intermediate Aerials - Silks

Tuesdays 2nd, 16th & 30th May, 13th & 27th June (5 weeks)

6:30pm - 8:30pm

\$140 Full / \$130 Concession

Trainer: Jane Davis

Focus on pre-performance conditioning and aerial skills. Intermediate: for those who have mastered the skills in the beginner's class and are ready for more!!!

BOOK ONLINE

www.circuswow.org.au/training/timetable/

\$20 Annual WOW 2023 Membership
for ALL PARTICIPANTS

NEED A PAYMENT PLAN? Select ZIPPAY or AFTERPAY at checkout!
Concession details on Humanitix

WEDNESDAY CLASSES

Intermediate Adagio

Wednesdays 26th April - 28th June (10 week program)

6:30pm - 8:30pm

\$260 Full / \$230 Concession

Trainers: Chantel & Aeron

Otherwise known as the fine art of standing on your friend... Acrobalance is the circus art of creating partner balances and acrobatic skills with two or more people.

THURSDAY CLASSES

Advanced Aerials

Thursdays 27th April - 29th June (10 week program)

6:30pm - 8:30pm

\$280 Full / \$250 Concession

Trainer: Ali Kimbrough

In this class, we'll play with building aerial sequences (learning tricks and linking them together). We will build strength, endurance, and sequences on each apparatus (silks, trapeze).

Acquired Taste Choir

2nd & 4th Thursdays of the Month

Dates: 27th April, 11th & 25th May, 8th June

7:00pm - 8:30pm

Extra Class - Friday 19th May 6:30pm - 8:00pm

\$65 Full / \$55 Concession

Trainer: Tia Wilson

A community social choir with a unique circus edge! Join us in vocal experimentation, percussive exploration, and the joy of connection, as we create our own renditions of our favourite songs. No audition is required.

**Location: Coniston Community Centre,
24 Bridge Street Coniston**

SUNDAY AFTERNOON

Open Training

2:30pm - 4:00pm

Sundays: 7th May, 21st May, 4th June & 18th June

\$10 per person - Prepay online as we don't take cash

Come and play on the gear, practice what you've been learning in classes. This is a space for self-directed practice without a trainer. Please be mindful to work within your competency in this space!

Circus WOW is a membership based community group. Membership is required for ongoing classes and performance. Being a member means that you support Circus WOW and its objectives. You will become part of this great inclusive community group. Have your say, volunteer and continue to let WOW grow. Circus WOW welcomes all women 18+, including those who identify as women. We also welcome intersex, non-binary and gender diverse people.

